

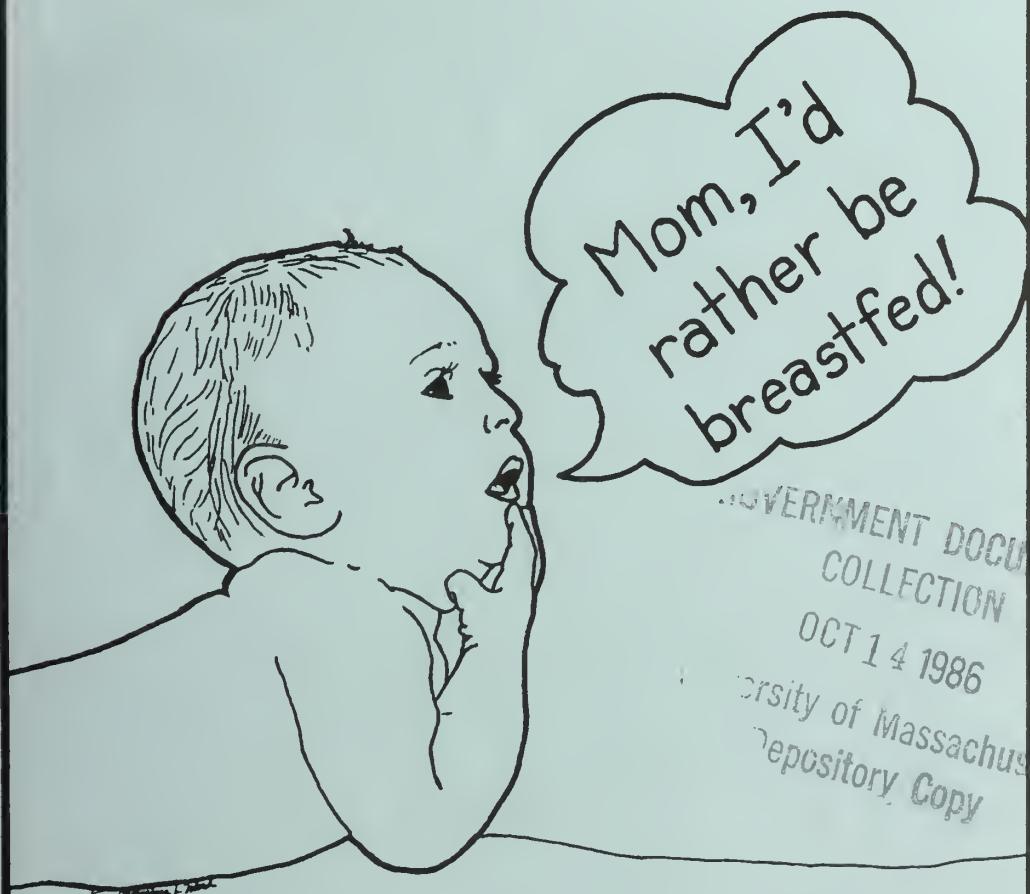
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THINKING ABOUT BREASTFEEDING?



GOVERNMENT DOCUMENTS
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Breastfeeding is a lot
better for both of us,
Mom.



It's better for me

- * Breastmilk is easier for me to digest and that means less stomachaches.
- * I'll be sick less often, it helps fight germs.
- * It's always ready and at the right temperature, Mom.
- * It helps to protect me against allergies.

It's better for you, Mom

- * Your uterus gets back to normal size faster.
- * Less work, Mom, no buying and mixing formula, or washing bottles.
- * No bottles to take when we go out (a lot of women breastfeed in public and no one is aware of it).

And Mom, you'll feel so good knowing I'm getting the best food.



I'm sure you have
lots of questions,
Mom.





I'm so glad I breastfed my baby. It wasn't easy at first, but it didn't take us long to learn. Maybe I can help you.

* WHAT IF MY BREASTS ARE SMALL?

The size of your breasts does not affect how much milk you will make. When your baby nurses, you make milk. The more you nurse, the more milk you make. Short, frequent feedings will make enough milk.

* WILL I HAVE ENOUGH MILK?

Yes, you will! Breastfeed often. The more you nurse, the more milk you will have.

Since breastmilk is easy to digest, your baby may want to nurse frequently. Nurse whenever your baby is hungry, or at least every 3 hours.

* CAN I BREASTFEED & BOTTLEFEED?

Yes. You can do both. You can give your baby pumped breastmilk or formula. If you plan on supplementing with formula, wait until your milk supply is well established, usually about a month. Giving formula too often or too soon will decrease your supply.



* I'VE HEARD IT MAKES YOU SORE.

Sore nipples may be a problem at first, but the soreness will go away. Hold your baby close, tummy to tummy. Make sure the baby's mouth is positioned correctly. Some of the dark area (areola) and the nipple should be in the baby's mouth. Changing the position of the baby with each feeding will help prevent soreness.

* WHAT IF I HAVE A C-SECTION?

No matter how you deliver your baby you can breastfeed. If you had a C-section you may need help at first finding a nursing position that is comfortable for you.

* WHAT HAPPENS WHEN I SMOKE OR DRINK ALCOHOL?

Since both nicotine and alcohol pass into the breastmilk, you should limit your use of cigarettes and alcohol. Even small amounts may be harmful to your baby.

* I MIGHT BE TOO EMBARRASSED!

You can breastfeed wherever you feel most comfortable. Wear a loose fitting shirt that pulls up from the waist. That way you won't have to expose your breasts.





- * I'm gaining enough weight.
- * I have 6-8 wet diapers a day.



It takes a lot of good nutrition
for you to breastfeed, Mom.
Please eat right.

| FOOD | SERVINGS NEEDED/DAY | SERVING SIZES |
|----------------------|------------------------|---|
| MILK & MILK PRODUCTS | 4 | Milk - 1 cup Yogurt - 1 cup Cheese - 1½ oz. |
| PROTEIN FOODS | 2-3 | Chicken, lean meat, fish - 2 oz. Eggs - 2 Dried peas; beans - ½ cup cooked Peanut butter - 4 tablespoons Tofu - 5 oz. |
| GRAINS | 4 | Bread - 1 slice Cereal, rice, macaroni - ½ cup Rolls, buns, bagels - ½ |
| FRUITS & VEGETABLES | 4 | Fruit - 1 medium or ½ cup Juice - ½ cup Vegetable - ½ cup |
| FLUIDS | 6-8 | Juice, water, soup - 1 cup |



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